



Prayer at Home

Prayers for worship,
together or alone.

ST MARY'S
LOUGHTON

Welcome.

Even though we are unable to gather in the church building as we normally do, we want you to know that you are still in our hearts and our prayers. It is our desire that together through this strange time we would grow closer to Jesus. We may need to be physically distant from one another but we are not distant from God, who is with us by his Holy Spirit.

Our hope is that this booklet will help to inspire and prompt you in your worship of God, Sunday by Sunday, until we are able to meet together again. We pray that day would come soon!

There is no right or wrong way of using this booklet, it is simply a guide. There are four simple stages: **Praise**, **Reflect**, **Ask**, say **Yes**.

Praise God for who He is and what He has done.

Reflect on a passage of Scripture and allow it to speak into our lives.

Ask God for our needs, those of our family and friends (and enemies!) and the needs of the world.

Yes – say ‘Yes’ to serving God in the week to come in whatever way he asks of you.

Beyond that, this booklet is your own. Adapt it, add to it, re-order it, scribble all over it. It can sometimes be helpful to set aside a particular time each Sunday to pray through this book – perhaps the same time that you used to go to a service at St Mary’s, or after dinner as you unwind into the evening. Whatever time you pick, it’s good to commit to it just like you would a Sunday service.

As you speak out the prayers in this booklet, it may feel like you are saying them alone. In reality, we are joining with the whole of creation in speaking out the praise of our God. Know too, that you are joining together with others across Epping Forest, the UK and beyond as you offer up your prayers and praises to God.

Prayer at Home

As we begin, we pause to reflect on the week that has been, to give thanks to God for what was good and to ask forgiveness for our mistakes, and to offer the coming week to God.

The Lord is good, a strong refuge when trouble comes. God is close to those who trust him.

Nahum 1:7

Praise.

As an act of worship, sing this or any other song, or speak your own praise to God.

I love you Lord and I lift my voice,
To worship you, O my soul rejoice.
Take joy my king, in what you hear;
Let it be a sweet, sweet sound in your ear.

Laurie Klein © 1978 House of Mercy Music

Reflect.

You may wish to say Psalm 23, or another psalm such as Psalm 16 or Psalm 139, before the week's reading.

Week 1

But now thus says the Lord,

he who created you, O Jacob,

he who formed you, O Israel:

Do not fear, for I have redeemed you;

I have called you by name you are mine.

When you pass through the waters, I will be with you;

and through the rivers, they shall not overwhelm you;

when you walk through fire you shall not be burned,

and the flame shall not consume you.

For I am the Lord your God,

the Holy One of Israel, your Saviour

Isaiah 43:1-3a

Week 2

“Do not let your hearts be troubled. You believe in God; believe also in me. My Father’s house has many rooms; if that were not so, would I have told you that I am going there to prepare a place for you? And if I go and prepare a place for you, I will come back and take you to be with me that you also may be where I am. You know the way to the place where I am going.” Thomas said to him, “Lord, we don’t know where you are going, so how can we know the way?” Jesus answered, “I am the way and the truth and the life. No one comes to the Father except through me.

John 14:1-6

Week 3

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

Philippians 4:8-9

Week 4

Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts. ¹⁷ And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.

Colossians 3:16-17

Week 5

You are no longer foreigners and strangers, but fellow citizens with God's people and also members of his household, built on the foundation of the apostles and prophets, with Christ Jesus himself as the chief cornerstone. In him the whole building is joined together and rises to become a holy temple in the Lord. And in him you too are being built together to become a dwelling in which God lives by his Spirit.

Ephesians 2:19-22

Week 6

Love must be sincere. Hate what is evil; cling to what is good. Be devoted to one another in love. Honour one another above yourselves. Never be lacking in zeal, but keep your spiritual fervour, serving the Lord. Be joyful in hope, patient in affliction, faithful in prayer.

Romans 12:9-12

Week 7

"Come to me, all you who are weary and burdened, and I will give you rest. ²⁹ Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. ³⁰ For my yoke is easy and my burden is light."

Matthew 11:28-end

Ask.

You may wish to pray for

- ¶ *The leaders of the nations*
- ¶ *Medical and health professionals*
- ¶ *Those unwell in mind, body or soul*
- ¶ *Those whose livelihoods are at risk*
- ¶ *All who live in poverty or need*

The following prayer(s) may be used

Lord Jesus Christ,
you taught us to love our neighbour,
and to care for those in need
as if we were caring for you.
In this time of anxiety, give us strength
to comfort the fearful, to tend the sick,
and to assure the isolated
of our love, and your love,
for your name's sake.

Amen.

Gracious God,
give skill, sympathy and resilience
to all who are caring for the sick,
and your wisdom to those searching for a cure.
Strengthen them with your Spirit,
that through their work many will be restored to health;
through Jesus Christ our Lord.

Amen.



- 🔥 ENCOUNTERING GOD
- 🌿 LIVING FOR THE KINGDOM
- ❤️ LOVING DEEPLY
- 👉 SHARING JESUS

God of compassion,
be close to those who are ill, afraid or in isolation.
In their loneliness, be their comfort;
in their anxiety, be their hope;
in their darkness, be their light.
Comfort and heal them,
and restore them to health and strength;
through him who suffered alone on the cross,
but reigns with you in glory,
Jesus Christ our Lord.

Amen.

Allow a time of silence to listen to what God may want to say to you

Yes.

Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done,
on earth as in heaven.
Give us today our daily bread.
Forgive us our sins
as we forgive those who sin
against us.
Lead us not into temptation
but deliver us from evil.
For the kingdom, the power,
and the glory are yours
now and for ever.

Amen.

Share.

In a normal service, this might be the point where we encouraged you to stay on for a tea or coffee. However, why not make yourself a nice cuppa and reach out to a friend or family member?

As God's people we're called not just to **prayer** but to **share** the love of God with others. Even though we can't do lots of the things we normally would, there are plenty of simple acts of kindness that we can still do. You might want to call someone you would normally speak to after the service. Even a quick 10-15 minute chat is enough to show someone that you're thinking of them. Or how about writing a card to someone you've not spoken to for a while? It's always nice to receive something in the post!

However you decide to do it, it's always good to end a time of worship by connecting in some way with somebody else and sharing God's love with them. Whether it's in a kind word, a gentle encouragement, or just having a good laugh together, we need each other.